Right mix sought for Riders

New offensive-line coach gets to work at training camp PAGE 3

BACK IN THE SADDLE

STEWART OVERCOMES FEAR OF HORSES FOR LATEST ROLE AS SNOW WHITE PAGE 10

REGIONAL metro®

Tuesday, June 5, 2012

News worth sharing.

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‘OK, you’ve got me’

Employee Kadir Anlayisli stands outside an Internet café in Berlin on Monday where Luka Rocco Magnotta, dubbed the “Canadian psycho,” was arrested earlier by German police. ADAM BERRY/GETTY IMAGES

Luka Rocco Magnotta. Suspect in body-parts slaying caught in Berlin

Canada’s most-wanted fugitive was surfing Internet sites about himself when police arrested him Monday afternoon at a little cyber-café in Berlin.

“OK, you’ve got me,” Luka Rocco Magnotta, 29, told police after first trying to give them a false name, Berlin police spokesman Thomas Neuendorf said.

“He gave up without resistance” around 1:30 p.m. at the Helin Tele-und Internet café, Neuendorf said.

Magnotta, whom European media have dubbed the “Canadian psycho,” was taken to a prison cell, where he will remain until his extradition to Canada, Neuendorf said.

Montreal police spokesman Ian Lafreniere said at an afternoon news conference that Magnotta’s fingerprints matched his Interpol profile.

How long the extradition will take isn’t yet clear, Lafreniere said.

Kadir Anlayisli, who works at the Internet café in the Neukolln district of Berlin, spotted Magnotta, the subject of an international manhunt, when he walked in.

Anlayisli, 42, told a newspaper in Germany that he recognized Magnotta.

The fugitive sat at the No. 25 terminal and started reading stories about himself.

“He was wearing sunglasses, but I was sure that he was the wanted man,” Anlayisli said.

The cyber-café employee flagged down a police car on the street and several officers converged on the shop.

Montreal police said they expected Magnotta’s lust for attention would be his downfall sooner or later.

Magnotta had been the subject of an international manhunt for the gruesome killing and dismemberment of Chinese student Jun Lin, 33, in Montreal. TORSTAR NEWS SERVICE

A screenshot of the Interpol website shows an updated notice that was issued regarding Luka Rocco Magnotta. AFP PHOTO/INTERPOL

Forecast calls for warm, dry summer

Climatologist predicts hotter-than-normal conditions in July, August PAGE 4

Candidate kicking off new festival

Queen City Cruise will ‘be different than your average car show’: Novak PAGE 3

Adele had ‘3 or 4 pairs of Spanx on’

Singer turned to shapewear for Grammy appearance PAGE 9

Pattinson and Co. reunite in Canada

Twilight actor starring in latest Cronenberg flick, Cosmopolis PAGE 8

DELICIOUS NEW WEBSITE, E-NEWSLETTER AND MAGAZINE

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Ginger Coconut Salmon, p 42
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Riders have the muscle to rebuild 'front wall'

Sweet spot. Rookie offensive line coach looking to get mix of players just right

The players were put through a vigorous workout during the first official training camp at the U of R by Roughrider coaches on Monday. JEFF MACKEY/METRO

Kris Sweet faces a formidable challenge in his first season as the Saskatchewan Roughriders offensive line coach and run game co-ordinator.

Sweet, who spent the last five years as the Calgary Stampeders' offensive line coach, has the difficult task of revamping a unit that contributed to the Riders' posting a league-worst 5-13 record last year and missing the CFL playoffs. But thanks to general manager Brendan Taman, at least Sweet has the raw material to successfully rebuild the Riders' front wall.

This off-season, Taman dipped into CFL free agency to sign tackle Brendon LaBatte from the Winnipeg Blue Bombers and centre Dom Picard from the Toronto Argonauts. Taman drafted both players while as the Bombers' GM — Picard in the third round in 2006 and LaBatte in the first round in 2008. Taman also re-signed guard Chris Best before selecting offensive lineman Ben Heenan of the Saskatchewan Huskies first overall in this year's Canadian college draft and also acquired Xavier Fulton from Edmonton for a conditional 2013 sixth-round pick.

Kris Sweet
COURTESY SASKATCHEWAN ROUGHRIDERS

That should help ease the loss of veteran guard Gene Makowsky, who retired this off-season after a solid 17-year career, while centre Marc Parenteau and tackle Alex Gauthier were both released.

Despite all the change, Sweet is downplaying the rebuilding aspect.

"Every year is different," he said from the CFL club's training camp at the University of Regina.

This low-key approach mirrors the one being taken by rookie head coach Corey Chamblin, who prefers to say the Riders are "making changes" rather than succumbing to the more sensationalistic term "overhaul."

Regardless of the semantics, Best and Dan Goodspeed are expected to retain their starting positions with LaBatte and Picard a virtual lock to join them.

"One, they're physical," Sweet said LaBatte and Picard. "The other thing is their experience."

LaBatte spent five seasons with Winnipeg and was a CFL all-star in 2011. Picard is a six-year veteran who started all 18 games in each of the last three seasons with Toronto.

Quoted

"It's a great feeling to have that much responsibility placed on your shoulders right away." Xavier Fulton

Heenan, who capped his college career with an appearance in the East-West Shrine Bowl in Tampa, Fla., is considered a bright prospect, while Fulton, who spent the 2011 season with the Virginia Destroyers of the UFL, has been on NFL practice squads with the Washington Redskins, San Francisco 49ers and Indianapolis Colts.

"He's very athletic, he can move," Sweet said of Fulton. "And he has good hands."

An American who played collegiately at the University of Illinois, Fulton is still adapting to the nuances of Canadian football, including the unlimited motion.

"I'm, like, 'Hey, that's illegal motion,"' Fulton said with a smile, overstating his puzzlement but making his point.

Fulton is "thrilled and relieved" to have made a positive impact early in training camp, and also "grateful and humbled," by his coach's compliments. THE CANADIAN PRESS

Novak launching summer fest at speedway

A dream mayoral candidate Chad Novak had five years ago will come true this summer.

After riding up to a press scrum in a purple Monster Truck at the King's Park Speedway, Novak announced the launch of a new festival.

Queen City Cruise In will be a two-day event with an automotive theme organized by Novak's new non-profit company, Prairie Soul Productions.

"It's going to be different than your average car show in Regina," says Novak. "It's going to have a variety of entertainment."

Novak says the entire event will be free for attendees, and any donations plus 50 per cent of all profits will go to Chili for Children, an organization that supplies hot meals to kids in need.

Chad Novak, after driving a monster truck to a press scrum on Tuesday to announce the launch of a new automobile-themed festival. CARRIE-MAY SIGGINS/METRO

To be held this Canada Day long weekend, the event will feature a car show and shine at the downtown City Square Plaza, live entertainment and, for a small fee, a chance for people to ride their cars on the track at Kings Park Speedway.

Novak says that it'll be safe for riders to bring their cars onto the track. "It's fun and it's safe. It's a controlled environment. It's going to be an experience that no one will ever forget."

CARRIE-MAY SIGGINS/METRO

'Dino'-mite monster

- The event will also feature a creation made by a veteran of the monster truck industry, Don Frankish.
- The Jurassic Attack Monster Ride Truck, a purple monster truck in the shape of a dinosaur, will be taking people for rides in its fitted back deck around the King's Park Track.
- "It's a fan favorite," says Chad Novak, "especially with the kids."

1 NEWS

On the web

In review: Body-parts slaying case

Visit metronews.ca to see a timeline and video of events in the dismemberment slaying manhunt that led to the arrest of Luka Rocco Magnotta at a Berlin cybercafe.

When cats fly

After Bart Jansen's beloved cat Orville (named after Orville Wright) died he did the only thing he could think of: Send him aloft like his namesake to hopefully join the birds as a tabby helicopter. Watch the cat-tastic video of Orville flying around his hometown at metronews.ca.

Mobile news

China's share benchmark has fallen afoul of the country's Internet censors by appearing to mark the 23rd anniversary of the Tiananmen Square crackdown on pro-democracy protesters. Go to metronews.ca to read the complete story.

Sunny days. Sunny, sunny, sunny days

Mercury going up. Forecasters predict a warmer and dryer summer for the Prairies

JEFF MACKEY
jeff.mackey@metronews.ca

Rejoice! Environment Canada has called for a warmer and dryer summer than normal for the Prairies. This comes in the midst of an early June heat wave that has Regina residents flocking outdoors.

David Phillips, senior climatologist at Environment Canada, says this sunny patch is not necessarily part of the forecasted warm summer, so enjoy it while you can.

"In July and August we are calling for warmer-than-normal conditions, so be a little bit more patient; you will have a few teasers this week," said Phillips.

This summer, "you will get more than your share of temperatures that will be in the high 20s or low 30s," he added.

"I think we are still in that period of flip-flopping back and forth, a yoyo-ish kind of weather," said Phillips. "Of course, you wouldn't want to use up all your good days in June, because vacation hasn't started and school isn't out."

Phillips warns that just because the summer forecast is warm that it won't necessarily be idyllic.

"This is not a forecast for severe weather," said Phillips. "Nobody can tell you whether this will be an active or quiet year for windstorms and heavy rain and hail and tornadoes."

Still, this year has been mild as far as weather is concerned and hopefully that trend will continue into the summer months.

"My sense is that you didn't have a tough winter at all," said Phillips. "You got the rain that farmers and gardeners needed in the springtime, there were no real flooding issues this year and there is a forecast of it being a warmer and possibly dryer (summer)."

What's not to like?

Follow Jeff Mackey on Twitter @MetroJeffMackey

Julie Lamarche feeds geese at Wascana Park on Monday. Many Regina residents took advantage of the warm and sunny weather to enjoy some outdoor activities after days of cool, damp weather. JEFF MACKEY/METRO

Metro asks. What do you think of Environment Canada predicting a warmer and dryer than normal summer for us?

Responses

"It's better than last summer, I guess; but the prairies are always pretty dry so I am used to it."
Erin Nielsen, 26

"I think the weather is so unpredictable that you can't really go by that."
Daniela Bjelokapic, 28

"Poor farmers, they got all the rain out of the way quick, I guess, but it will make biking everywhere easier and you can't complain with this heat."
Nathan Bruce, 21

"It's great; I find we usually have cold summers so it might be good for people from Regina to go out more during the summer."
Sfarheen Ashrafi, 20

"I don't know if it is an indication of global warming at all; it might be."
Monica Petek, 20

Public performance

Globe Theatre reaches out

The Globe Theatre is presenting a public performance featuring 150 Grade 4-6 students in Regina's Downtown Open Air Plaza on Thursday, June 7, from 2:15-3 p.m., and it's free and open to the public.

The presentation is the result of a month-long workshop-based outreach program focusing on children who otherwise might have restricted access to the developmental supports that education in the arts provides. METRO

Not enough women in local politics, FCM says

Committee member and Saskatoon city councillor Tiffany Paulson said, "I think it's really important for the elective body (to be) reflective of your community at large because I think better decisions get made that way." JANE CAULFIELD/METRO SASKATOON

The number of women in local government in Saskatchewan is sitting at 18.2 per cent — a number the Federation of Canadian Municipalities (FCM) says is too low.

"Until you have 30 per cent gender balance, you don't have a voice. So the United Nations chooses that number in order to ensure gender balance," said Pam McConnell, chair of the FCM's Standing Committee on Increasing Women's Participation in Municipal Government.

In an effort to help Saskatchewan municipalities reach the goal of 30 per cent, they will be hosting a campaign school for women in Regina June 9-10, providing women with the know-how they need to run an effective campaign.

"In every place where we have done the campaign school, we have increased the number of women in office," said McConnell.

Committee member and Saskatoon City councillor Tiffany Paulson says that there are a number of challenges that may cause Saskatchewan women to shy away from running for office.

"Comments on women from a personal level — what they look like; what they're wearing; what their personal relationships are like — you don't see that level of commentary when it comes to men," said Paulson.

"I also find that women find challenges from a confidence perspective — a lot of women who are approached to run for public office, and their immediate reaction is: 'I'm not sure I am right for the job,' and there's a lot of self doubt that goes on."

The campaign school provides women with the knowledge and tools to run a successful campaign, which ultimately raises confidence levels. Topics covered over the course of the two-day workshop include deciding to run, financing the campaign, campaign ethics, public speaking and media training. JANE CAULFIELD/METRO SASKATOON

By the numbers

- 100 per cent of mayors in Yukon urban municipalities are women. 50 per cent of urban city councillors are female.
- With 43 per cent, NWT has the highest percentage of female city councillors.
- Saskatchewan and Manitoba are tied at 16 per cent for the provinces with the least amount of female city councillors.

Five hundred sites go black in objection to omnibus budget bill

Protest. Fighting 'deeply troubling' C-38, detractor says one third of bill looks to short-circuit environmental laws

GRAHAM LANKTREE
Metro in Ottawa

Some 500 organizations blacked out their websites in a day of protest against government omnibus budget bill C-38 and its clampdown on environmental charities doing advocacy work.

"Bill C-38 is reflective of a deeply troubling pattern to silence voices talking about environmental issues," said Alex Neve, Secretary General for Amnesty International Canada, flanked by representatives from the Sierra Club and Environmental Defence.

Replacing the Canadian Environmental Assessment Act, the bill brings in new rules for environmental charities that advocate for better laws and policies, limiting how much advocacy work those groups can do. The law can also override National Energy Board decisions and will speed up the environmental review process by reducing the number of studies conducted and shut citizen groups from environmental reviews for pipelines.

Quoted

"The government did not run with the gutting of the Environmental Assessment Act and the Fisheries act as part of it's platform."

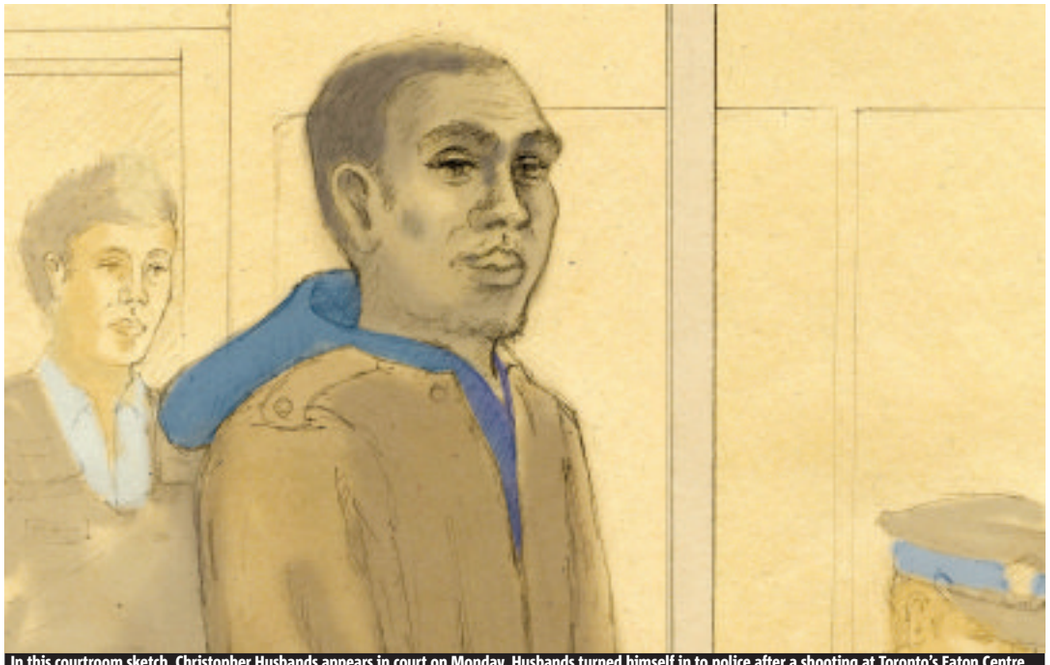
Rick Smith, executive director, Environmental Defence.

Rick Smith, executive director of Environmental Defence said that one third of the bill looks at short-circuiting environmental laws.

The bill will cut the number of environmental advisers working in the government and will scuttle the National Round Table on the Environment and the Economy, which had been releasing documents on how Canada could cope with climate change.

"Today, hundreds of organizations and individuals are speaking out in support of two core Canadian values: the protection of nature and democratic discussion," said scientist and activist Dr. David Suzuki. "These values are the foundation of the peace, order and good government that define our nation, yet they are threatened by the federal government's omnibus budget bill, C-38."

The action was led by the David Suzuki Foundation, Ecojustice, Greenpeace, the Pembina Institute and Sierra Club Canada.



In this courtroom sketch, Christopher Husbands appears in court on Monday. Husbands turned himself in to police after a shooting at Toronto's Eaton Centre that left one dead and seven injured. TAMMY HOY/THE CANADIAN PRESS

Man turns himself in over deadly Toronto mall shooting

The deadly weekend shooting rampage at the landmark Eaton Centre was not likely gang-related, Toronto police said Monday.

Christopher Husbands, 23, of Toronto, turned himself in early Monday and faces one count of first-degree murder and six counts of attempted murder, said Det. Sgt. Brian Borg, the lead investigator in the case.

Husbands is known to police and at the time of the shooting, was under house arrest for a previous charge, Borg revealed at a news conference.

There are indications that Husbands and the 24-year-old man who died in Saturday's shooting, who police have said was believed to have gang ties, knew each other, Borg added.

Regardless, Borg said, "I do not believe that this is a gang-motivated homicide. I believe there's personal aspects involved."

The shooting at the shopping centre also left six people wounded and a pregnant woman needed hospital treatment after she was trampled.

Two people remain in hospital, including a 13-year-old boy from Port Hope, Ont. Connor Stevenson was enjoying an afternoon going to a movie with his mom and older sister when they got caught up in the bloody food court mayhem.

Stevenson was in fair condition Monday, said a spokeswoman with Toronto's Hospital for Sick Children, who also released a statement from the boy's parents.

"After complicated neurosurgery, we are happy to say that he is doing well, all things considered; he is alert and talking," the statement said. "It will be a long healing process, but we are optimistic that he will recover."

Toronto Mayor Rob Ford, who also spoke at the news conference, said he believes Toronto to be the "safest city in the world" and encouraged people to visit and enjoy the hotels, attractions and restaurants it offers.

The terrible crime was an "isolated incident" and does not reflect on daily life in the city, Ford said.

Police are not looking for any further suspects, but Borg said despite the quick arrest, the investigation is not finished and anyone with information is urged to come forward.

The Eaton Centre reopened Monday with a spokeswoman saying they want to resume normal business operations as quickly as possible. THE CANADIAN PRESS

Crime. Granddad upset over killer mom's sentence

Jim McConnell thinks the lives of his two young grandsons are worth more than the sentence their mother has received for drowning the boys in a bathtub.

His former daughter-in-law, Allyson McConnell, was sentenced Monday to six years in prison. But she faces 15 months in custody because Justice Michelle Crighton gave McConnell double credit for the time she has already spent in a mental hospital. She'll be eligible for early release in 10 months.

McConnell, who is originally from Australia, drowned the boys in the family home in Millet, just south of Edmonton, two years ago when she was severely depressed, suicidal and possibly affected by alcohol and prescription drugs.

Jim McConnell stood outside the courtroom and angrily questioned the judge's decision. "This is ridiculous. What's going to stop people from going to kill kids now?" he said. His wife and son, McConnell's former husband, sat in the hallway wiping away tears.

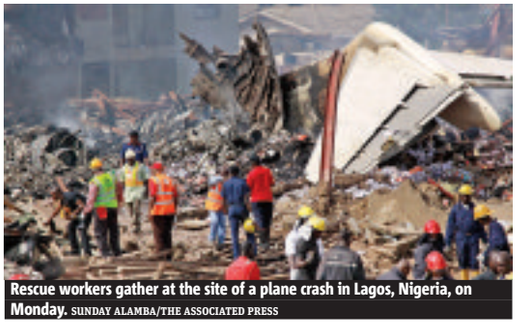
THE CANADIAN PRESS

Nigeria. Mother cradling infant amid the bodies found after jetliner crash

Emergency crews wearing masks to protect them from the acrid smoke and the stench of the dead searched for bodies in a shattered neighbourhood near the airport Monday after the crash of a jetliner killed all 153 people on board and an unknown number on the ground.

Apartment buildings, small businesses and roadside shops were smashed to bricks and rubble Sunday when the Dana Air MD-83 plowed into the area about nine kilometres short of Lagos' Murtala Muhammed International Airport.

By nightfall, searchers with police dogs recovered 137 bodies, including those of a mother cradling an infant, according to Nigeria's National Emergency Management Agency. Rescuers acknowledged they still didn't know how many people died in the wrecked apartments and smaller tin-roofed buildings along the narrow streets of Iju-Ishaga. "The fear is that since it happened in a residential area, there may have been many people killed," said a federal emergency management spokesman. THE ASSOCIATED PRESS



Rescue workers gather at the site of a plane crash in Lagos, Nigeria, on Monday. SUNDAY ALAMBA/THE ASSOCIATED PRESS

Facebook. Site testing kid-friendly access

Though Facebook bans children under 13, millions of them have profiles on the site by lying about their age.

The company is now testing ways to allow those kids to participate without needing to lie. This would likely be under parental supervision, such as by connecting children's accounts to their parents' accounts.

Such information collection is central to Facebook. Every photo or status update a kid posts on Facebook could count as information collection. Many companies consider the parental-consent requirement too burdensome, so they simply ban all children under 13 instead.

There are an estimated 7.5 million kids under 13 on Facebook, out of more than 900 million users worldwide.

In a statement, Facebook noted that many recent reports have highlighted "just how difficult it is to enforce age restrictions on the Internet, especially when parents want their children to access online content and services."

Few details are available on the nature of Facebook's tests, which The Wall Street Journal reported on in Monday's editions.

The report comes just two weeks after Facebook began trading stock as a public company.

THE ASSOCIATED PRESS

Stock

Facebook's stock is edging slightly lower along with the broader market on Monday. Shares of Facebook Inc. slid 82 cents to $26.90 US in late morning trading.

Market Minute

DOLLAR 96.18¢ (-0.03¢)

TSX 11,335.77 (-25.43)

OIL $83.98 US (+75¢)

GOLD $1,613.90 US (-$8.20)

Natural gas: $2.415 US (+8.9¢)
Dow Jones: 12,101.46 (-17.11)

Air Canada shareholders OK airline's executive pay plan

Looking low-cost. Company still focusing on discount carrier at annual meeting

Air Canada's top executive says the launch of a new low-cost carrier remains a top priority for the airline, as it grapples to make profound changes to the way it does business.

"We need to participate in this segment of the market in one manner or another," Air Canada chief executive Calin Rovinescu said Monday in a speech to shareholders.

He said Air Canada is sensitive to the views of its pilots and wants to make sure that whatever time frame it takes with the low-cost carrier is consistent with the discussions of the arbitration process set up by the federal government.

The pilots are one of two major labour groups at Air Canada without a collective agreement. The other union is the International Association of Machinists and Aerospace Workers, which represents repair and ramp crews.

Both disputes will be resolved by a mediator ordered by the federal government, which brought in back-to-work legislation after Air Canada locked out the pilots and the Machinists announced they would go on strike. Shareholders overwhelmingly approved a new policy on executive compensation while Air Canada pilots held an information picket outside the downtown hotel.

The largely symbolic resolution passed with 91.85 per cent approval.

The main opposition came from Air Canada Pilots Association president Paul Strachan.

He argued giving double-digit compensation increases to top executives while extolling austerity to employees is hypocritical. Pay for Air Canada's CEO fell 12 per cent last year but payouts of the airline's other four highest-pad top executives soared even though continued losses drove the airline's share price down more than 70 per cent.

THE CANADIAN PRESS

Members of the Air Canada Pilots Association march in protest in front of the company's annual meeting in Calgary, Monday. The pilots have been without a contract for more than a year. JEFF MCINTOSH/THE CANADIAN PRESS

Jury selection starts for Baldwin vs. Costner suit

Actor Kevin Costner arrives at Federal Court in New Orleans with two unidentified women on Monday. BILL HABER/THE ASSOCIATED PRESS

Jury selection began Monday in a legal fight between two Hollywood stars over investments in a device used to try to clean up BP's 2010 oil spill in the Gulf of Mexico.

In his lawsuit, actor Stephen Baldwin claims Kevin Costner and a business partner duped Baldwin and a friend out of their share of an $18-million deal for BP to buy oil-separating centrifuges after the April 2010 spill.

U.S. District Judge Martin L.C. Feldman told prospective jurors they could not be influenced by the celebrity status of Baldwin and Costner.

Feldman asked the potential jurors whether the entertainers' on-screen portrayals compromised the ability to deliver an objective verdict. No one in the pool said they would feel influenced.

Baldwin and his friend, Spyridon Contogouris, said they didn't know about the deal when they agreed to sell their shares of Ocean Therapy Solutions, a company that marketed the centrifuges to BP, for $1.4 million and $500,000, respectively.

BP ordered 32 of the centrifuges and deployed a few of the devices on a barge in June 2010. BP capped its blown-out Macondo well the following month and kept more oil from leaking until the well was permanently sealed in September 2010.

Baldwin and Contogouris claim they were deliberately excluded from a June 8 meeting between Costner, his business partner Patrick Smith and BP executive Doug Suttles, who agreed to make an $18 million deposit on a $52 million order for the 32 devices, according to the lawsuit.

THE ASSOCIATED PRESS

Actor Stephen Baldwin at Federal Court in New Orleans, Monday. GERALD HERBERT/THE ASSOCIATED PRESS

Economy. Feds would respond in crisis: Flaherty

Ottawa would move to backstop the Canadian economy if the European crisis triggers a second global financial shock, Finance Minister Jim Flaherty said Monday.

With economic conditions deteriorating in most parts of the world, and especially in Europe, Flaherty told reporters that the major advantage Canada has over many others is room to act.

"Our situation is imperfect but it's better," he told reporters.

Flaherty said he will discuss the worsening economic climate with his Group of Seven colleagues in a conference call Tuesday morning, but made it clear he considers the situation grave.

Global markets have fallen sharply in the past few days as news coming out of Europe worsened, with Spain joining Greece on the crisis watch list.

On Monday, Portugal's finance minister said foreign bailout creditors were providing another batch of the country's $96 billion US rescue package. THE CANADIAN PRESS

Singapore

Airlines' budget carrier Scoot begins flights

A new long-haul budget carrier owned by Singapore Airlines is set for its inaugural flight, hoping to grab a piece of Asia's burgeoning no-frills travel market.

Scoot said in a statement that its first flight will leave Singapore for Sydney, Monday. Scoot said it also plans to start flights this month to Australia's Gold Coast and later to Bangkok.

THE ASSOCIATED PRESS

Microsoft

Xbox Smartglass app unveiled

Microsoft Corp. kicked off the Electronic Entertainment Expo on Monday by unveiling new software called Xbox SmartGlass that will allow Xbox 360 users to stream and share content across smartphones, tablets and TVs.

It also announced that it was bringing its Internet Explorer browser to the console this fall. SmartGlass was demonstrated in several ways, turning a smartphone into a remote control used to surf the Web on a TV and utilizing a tablet as a way to display information about games, TV shows and movies that were simultaneously being played on a TV.

THE ASSOCIATED PRESS

Singer Usher introduces Xbox 360 music video game Dance Central Three in Los Angeles, Monday. DAMIAN DOVARGANES/THE ASSOCIATED PRESS

Twitter

Biz Stone working on book

The co-founder of Twitter has a story to tell, and he'll need more than 140 characters. Biz Stone has a deal with Grand Central Publishing for "Things a Little Bird Told Me," a book about creative thinking that will include personal anecdotes. Stone, 38, has written two books about blogging: Blogging: Genius Strategies for Instant Web Content and Who Let The Blogs Out?

THE ASSOCIATED PRESS

SURVIVING YOUR BEST FRIEND'S WEDDING

SHE SAYS...
Jessica Napier
metronews.ca/shesays

It is officially wedding season. Both the time of year and my mid-to-late-twenty-something status mean that my once barren mailbox is now overflowing with invitations, save-the-dates and thank-you cards from betrothed friends and family members.

As spring rolls into summer, bridal banter seems to be at the top of the agenda at every social gathering. Everyone I know is attending, participating or initiating a wedding in the coming months. In fact, I am taking my inaugural run at being a bridesmaid this upcoming weekend.

Historically, bridesmaids and groomsmen have some interesting origins. Once upon a time, Roman law required that each wedding involve 10 witnesses dressed in similar clothing. The superstitious rationale behind this tradition was that the co-ordinating men and women would confuse any evil spirits present at the wedding and make it difficult to identify the actual bride and groom.

Bridesmaid 101

Wedding-minutia madness can make a completely rational person relatively bonkers. A friend you've seen shrug off a pregnancy scare or an email breakup will freak out over finding the correct Pantone shade of lavender or choosing between a serif versus sans serif invitation font.

Today, modern bridesmaids' duties are a bit more demanding than posing in matching gowns to ward off bad luck. Beyond simply assisting with wedding logistics and emotional support, you must also be a personal assistant, stylist, shrink, floral design technician, corset lacer, eyelash gluer, cake icing consultant and so on.

Saying yes to the bridesmaid dress is a very big deal. It can be a rewarding honour to stand beside your friend on her big day, but you shouldn't make a commitment without understanding what you're getting yourself into. Some friends will get married on weekdays, out of province or internationally; they'll want multiple ceremonies, elaborate engagement parties, three separate bridal showers and week-long bachelorette getaways.

I know what you're thinking, oh that won't happen to me; my friends are just so easygoing. But be warned, even your chilled out bestie might have an inner bridezilla lurking inside of her.

Wedding-minutia madness can make a completely rational person relatively bonkers. A friend you've seen shrug off a pregnancy scare or an email breakup will freak out over finding the correct Pantone shade of lavender or choosing between a serif versus sans serif invitation font.

As a bridesmaid, you might be expected to fork over hundreds if not thousands of dollars on plane tickets, hotel rooms, outfits and alterations, gifts, hair, makeup, nails, and other items all in an effort to recreate the bride-to-be's Pinterest wedding vision board.

On the big day, your laborious bridesmaid experience will culminate in 24 hours of stressful jubilation. You'll smile gracefully at the photographer, in that pre-selected shade of lilac lipstick that you'll never wear again, because you are truly happy for your friend and because in just a few hours, it'll all be over.

Bridesmaids: For keeping the inner 'bridezilla' at bay. FLICKR

Tip of the hat to the queen

GETTY IMAGES

Diamond jubilee

Musical royalty rock palace

A visitor arrives wearing a decorated hat at St. James Park prior to the Diamond Jubilee concert at Buckingham Palace on Monday in London.

Thousands of flag-waving fans gathered to watch British music royalty celebrate Queen Elizabeth II with a Buckingham Palace concert. But the Queen's husband, Prince Philip, missed the concert after being hospitalized with a bladder infection.

THE ASSOCIATED PRESS

Will and Kate are seen during the Buckingham Palace concert. GETTY IMAGES

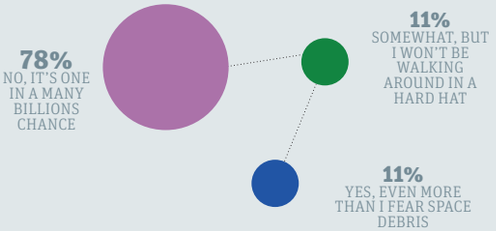
DJ play that song for me

- **The concert featured** Sir Elton John, Sir Paul McCartney, Sir Cliff Richard and Sir Tom Jones — along with Dame Shirley Bassey, Stevie Wonder and younger artists JLS, Kylie Minogue and Will.i.am.
- **The monarch's own musical tastes** are a mystery, as it was reported she brought earplugs to a similar concert a decade ago.
- **According to The Guardian,** the only song the queen has ever been known to request is Some Enchanted Evening from the musical South Pacific.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Do you fear debris falling from airplanes?


78%
NO, IT'S ONE IN A MANY BILLIONS CHANCE
11%
SOMEWHAT, BUT I WON'T BE WALKING AROUND IN A HARD HAT
11%
YES, EVEN MORE THAN I FEAR SPACE DEBRIS

Twitter

@grrlbot: i want to call 911 so a firetruck will come here and blast me with its firehose. it's fkn hot!!! #YQR

@JC_Garden: Hot and windy in #YQR tomorrow. High of 30 degrees and wind gusting SE 60-80(!) km/h and risk of AM thunderstorm too #skstorm @ctvregina

@markus_henry: Did anyone else see a donkey on 9th ave around 830 AM? #YQR #cityofregina

@AndrewSchmidt85: #YQR is smokin #hot today

@NanoTech_Repair: Hey folks! We are looking for Cellphone technicians. Computer related experience required. Drop a resume off at our location! #yqr #jobs

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2
SCENE

Scene in brief

Starz says goodbye to Spartacus

Starz network says it is ending its highly successful Spartacus saga next season. In an unusual move announced Monday, Starz will conclude this action-adventure series while it's still a big hit, and after logging only three seasons (or four, counting a "prequel" season). This season the series drew six million viewers, an enormous number for a paid subscription channel. Creator and executive producer Steven S. DeKnight promises a "stunningly epic" final season. That 10-episode cycle, which will kick off next January, is currently filming in New Zealand. The series stars Liam McIntyre as the Thracian-slave-turned-revolutionary who's out to topple the Roman Empire. McIntyre took over the role from Andy Whitfield, who starred the first season, then withdrew due to illness. He died of cancer in September 2011.
THE ASSOCIATED PRESS

On the web

Wilson brings old recipe to new Beach Boys record for 50th year celebration

Robert Pattinson takes an epic limo ride around New York City in Cosmopolis. HANDOUT

The cast returns to where it all began

Cosmopolis.
On the eve of the film's opening, the talent assemble in Toronto to talk about making a Cronenberg flick

RICHARD CROUSE
scene@metronews.ca

Last year Robert Pattinson, Paul Giamatti and homegrown stars Emily Hampshire, Sarah Gadon and Kevin Durand gathered in Toronto to shoot Cosmopolis, a dark drama for director David Cronenberg.

On Monday the cast reunited with their director for a press conference I hosted at a downtown Toronto hotel in advance of the movie opening in theatres on Friday.

The tone of the conference was light, and the camaraderie of the cast obvious. Here are some of the highlights:

"I don't know what I was more excited about," said Hampshire, "having David bend over me and show Robert how to get a prostate exam, or Rob bending over me and getting one."

Quoted

"I don't know what I was more excited about — having David (Cronenberg) bend over me and show Robert how to get a prostate exam, or Rob bending over me and getting one."
Actress Emily Hampshire on one of her favourite Cosmopolis scenes.

"You don't have to choose," quipped Cronenberg.

Cronenberg also offered up some tongue-in-cheek advice for filmmakers. "I use a little Apple program called iDirector. A little green light goes on if it is OK, or a red light if you need to do another take. It's pretty straightforward. You can all use it."

Later the director commented on why he wanted his actors to speak the lines of the script exactly as written. "I don't want the actors to be screenwriters," he said, they're not designed for that."

"There were no rewrites," Pattinson chimes in.

"Normally that is the first thing you think about as an actor. And you are so used to just changing it the whole time, on every single movie, that with this, once you suddenly got to the idea that you are not changing anything, the script is fine, it's you that are the problem, at least you knew one thing."

Pattinson has a tour-de-force scene at the end of the film, a 22-page two-hander opposite Oscar nominee Paul Giamatti. The Sideways star took a quick break from shooting Rock of Ages in Miami to appear in Cosmopolis.

"Fortunately the other movie wasn't terribly demanding on me," Giamatti joked. "It was a musical that I was doing and I didn't have to sing or dance. I just had to show up and crack jokes."

"I was panicked about it," he says of his quick turnaround in Toronto.

"This thing was intimidating. The length and the language. So I bothered everyone on the other movie to read this thing with me. Fortunately Malin Ackerman made a great Rob Pattinson.

"She was fantastic. I was very disappointed when actually I got here and it was Rob."

DVD reviews

John Carter

Director. Andrew Stanton

Stars. Taylor Kitsch, Lynn Collins, Willem Dafoe

Disney's sci-fi fantasy bomb cost somewhere between a squillion and a bajillion dollars to make and sell. So where did all that loot go? The screenplay by writer/director Andrew Stanton (Finding Nemo, WALL-E) and co-writers Mark Andrews and Michael Chabon is far too faithful to Burroughs' ancient babble, while at the same time being deaf to modern interests. Such things as humour, thrills and genuine jeopardy are seriously lacking here. John Carter, a peace-loving space traveller from the Wild West (played by Canada's Taylor Kitsch), is smothered by CGI and bad dialogue as he journeys from Civil War-era Arizona to Mars, here called Barsoom. On this red planet, the Tharks are at odds with each other and apparently at war with the bloodthirsty Zodangans. And what of the Heliumites? Will peacenik Carter stay and fight? John Carter shares more with a Dr. Seuss cartoon than it does with any self-respecting live-action interstellar adventure.
PETER HOWELL

Safe House

Director. Daniel Espinosa

Stars. Denzel Washington, Ryan Reynolds, Robert Patick

Rogue ex-CIA agent Tobin Frost (Denzel Washington), lectures to rookie sleuth Matt Weston (Ryan Reynolds) that spies need to "take advantage of people's desires to believe, to trust." I know the feeling. With a cast this promising — Brendan Gleeson, Vera Farmiga and Sam Shepard are included — and potential alchemy between the two leads, I was hoping for this chase thriller from director Daniel Espinosa to be more than an homage to the Bourne franchise and to Tony Scott films. Consider me suckered. Safe House starts off well enough, but script problems soon have the film sagging, as the characters played by Washington and Reynolds rarely get to match wits or fists.
PETER HOWELL

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

That's the way it is: Kate had to hear it, but Celine had to holler it

THE WORD
Monica Weymouth
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Back in March, Kate Winslet admitted that she, like the rest of us, becomes physically sick upon hearing the opening chords of Titanic's theme song My Heart Will Go On.

"I just have to sit there, you know, kind of straight-faced with a massive internal eye roll," she told MTV News, adding that the song made her "feel like throwing up."

Now, Celine Dion is empathizing with her — although very diplomatically, considering the chart-topper essentially let her take a decade-long vacation from the real world and its relentless department store playlists.

"My Heart Will Go On gave me the opportunity to be associated with a classic that will live forever.

If I just count how many times I've sung it, maybe it'll get me sick," she said on the Today Show yesterday. "If she feels tired just hearing it, and, like, throwing up, I'm glad she was not the one singing it."

As much as we want to enjoy this, the sad, dejected echo of her signature chest thump is getting in the way.

Adele. ALL PHOTOS GETTY IMAGES

Adele on Awards: First I would like to Spanx...

The usually press-shy Adele sat down with Matt Lauer for an interview, during which she admitted that she was a bit worried about her appearance at this year's Grammy Awards.

"I had three or four pairs of Spanx on that night but I loved it," she said, laughing. "I actually had another dress made and I ended up passed out in it. It had a corset and I was like, 'I can't wear that,' so I ended up wearing this instead." Adele admits, though, that when it came time to perform on the Grammy stage, "I took a couple of pairs off."

Sadder than The Notebook: Gosling ain't single

Looks like those breakup rumours can be put to rest, as Ryan Gosling and Eva Mendes have been going everywhere together. After being spotted in New York last month, the pair were out and about in L.A. Friday running errands before heading to the airport Saturday for a flight to Montreal, according to People magazine. The pair have been dating for nearly a year.

Ryan Gosling

Twitter

@jimmyfallon
Gonna hook up with a surfer gang. I need a cool nickname... Thrid? Caster?Lance?

@wossy
Another beautiful day. At this rate I'm going to run out of my trademarked scandously revealing thongs...

@ConanOBrien
A 6-year-old was in the National Spelling Bee Finals. She must be quite prekoshus.

@jimmykimmel
bed is good

Brad Pitt and Angelina Jolie

It's the Pitts!

Brad Pitt and Angelina Jolie have reportedly found themselves in a bit of a stinky situation with their rented London home, as the sewers on the posh street where they are staying have been backing up, according to the Sun. It forced the famous couple to consider moving to a hotel for a break timed to the Queen's Jubilee over the weekend. "Since their drains started playing up, the smell in and around their house has become unbearable," a source says.

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3 LIFE

Beauty pick

Try this if you want fairy-tale-glowing skin

"Massaging your skin every night with firm circular movements using the tips of your fingers will give it an instant glow. Start at the neck and work your way up the face, then around the eyes. Half a minute is enough to boost blood circulation and oxygen to the surface of the skin."

Celebrity facialist, Vaishaly

On the Web

Operating rooms generating huge amounts of unnecessary waste: Western University study

SNOW WHITE GETS SERIOUS

In her new film Snow White and The Huntsman, Twilight actress Kristen Stewart plays a dark and violent version of the classic fairy tale heroine. She's up for a sword fight, knows how to throw a punch and lead an army of men to fight her enemies. But off screen she also had to conquer a long-term personal issue.

STEWART FACES FEAR AND SADDLES UP

ROMINA McGUINNESS
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Kristen Stewart isn't scared of blood sucking vampires or monstrous werewolves. She's not even put off by drinking her own blood. But there is one thing she is scared of ... horses. As a youngster she broke and dislocated her elbow falling off a horse and has been reluctant to get back in the saddle ever since. But much to Stewart's dismay, her Snow White character in Snow White and the Huntsman is no damsel in distress and spends most of the film on horse back as she escapes the clutches of the Evil Queen. Metro spoke to Sam Dent, Stewart's horse riding instructor, to find out how she finally overcame her fear of falling.

Overcoming fear

"I could tell she was nervous from day one. But that's only natural for someone scarred by a bad fall to let their nerves get the best of them, but there isn't much you can actually do to help other than reassure them," Dent tells Metro.

Large team

80

The number of horses galloping behind Kristen Stewart during one of the fight scenes in Snow White and the Huntsman.

Taking the reins

Horse riding is an exercise in itself and you'll need to be fighting fit if you're going to give it your all ... and not fall off the horse. As an exercise, the effort required to remain seated in an upright position has both cardio and toning benefits, especially in the gallop. But unlike most sports, you're not in control. "The horse — a very powerful creature — is," says Dent. "If they don't want to do something, you need to be physically and mentally strong to handle them."

Lucky for Dent, Stewart was a keen learner

"Kristen was fully concentrated on conquering her fears. Her and Rusty, her horse (they got on great, by the way) would start by spending 15 to 20 minutes in the enclosed arena. Once she got comfortable, we would go into canter (a three time gait with the horse placing one leg, then two together and then the remaining leg on the ground) in the open field. It's funny because when she was on her horse, her nerves didn't show and she never did anything reckless. She was listening and acting like she was confident, even though she wasn't."

Being a Bare devil

Another challenge for Stewart was learning how to ride bareback — that is, without a saddle. Removing the saddle is a risk, as it requires the rider to exert a higher level of balance and coordination in order to remain on the horse. The absence of a supporting tree and padding between the rider's seat bones and the horse's spine means it's not exactly the most comfortable riding style. "Bareback riding is very fatiguing as you no longer have the saddle to keep you steady" adds Dent.

Thankfully, Stewart was fit enough to cope, thanks to her stunt training with the 'boys,' co-stars Chris Hemsworth, Sam Claflin and co.

Quoted

"When Stewart's horse, Rusty, did something unexpected, she would tell him off and be like 'dude, you can't do that to me!'"

Sam Dent
Stewart's horse riding instructor

What did Dent think of her pupil's overall performance?

"Kristen was completely knackered by the end of filming as she had taken up so much extra work physically. The actual riding she did was pretty basic but she's a good rider."

But what about the Huntsman's riding skills? We know Chris Hemsworth has the advantage of an action hero past, but did this help him ride a horse?

"Chris was a natural. I just needed to bring him back up to speed because even though he'd ridden before, his style was a little too 'cowboy-ish.' I had to straighten him up a bit," reveals Dent. Want to know a fun fact? Hemsworth's horse was called Pinocchio. Not what you'd expect a hunter's horse to be called, but cute.

More evil than the Evil Queen?

Queen Ravenna isn't the only woman to let jealousy blind her common sense. Here is our list of the Top 3 meanest, most jealous women in fairy tale history

ROMINA McGUINNESS
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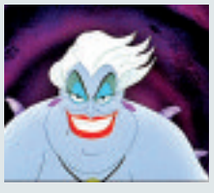
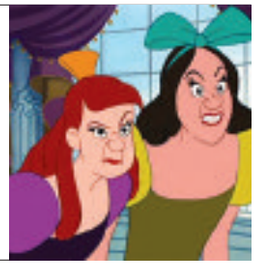
1 The Little Mermaid: Ursula

Life can be tough when you're purple-skinned and overweight. The white- haired Sea Witch (waist down, she's nothing but a web of tentacles) has one mission: to destroy the little mermaid, Ariel.



2 Cinderella: The Ugly Sisters

For some people, family isn't everything. Cinderella's cruel step-sisters treated her like a maid.



3 Sleeping Beauty: Maleficent

The sinister "Mistress of Evil" who curses Princess Aurora (Sleeping Beauty) with a never-ending sleep.

Classic deli flavours get all rolled up in tasty stromboli

This recipe serves 10. MATTHEW MEAD/THE ASSOCIATED PRESS

A stromboli is a cross between a grinder and a calzone. Bread dough is rolled out, filled with sliced meats, cheeses and vegetables, then rolled up and baked.

To serve, stromboli are simply sliced like a loaf of bread, creating a spiral baked sandwich that is perfect for large parties.

If you like, you also can serve sandwich condiments (or even warmed marinara) alongside the stromboli slices for dipping.

1. Coat baking sheet with cooking spray. In skillet heat oil over medium-high and cook vegetables and garlic, 10 minutes, or until tender and any liquid has evaporated.

2. Stir in olives, capers and Italian seasoning. Season with salt and pepper, then set aside to cool slightly.

3. On lightly floured surface, roll out dough to a 30-by-40-cm (12-by-16-inch) rectangle. Arrange sliced meat over dough, leaving a 2.5-cm (1-inch) border on longer sides, as well as the end farthest from you. Spread cooked vegetables over meat, then sprinkle with cheese

4. Starting with side closest to you, roll stromboli up like a log. Pinch seam and ends to seal. Transfer to prepared baking sheet with seam on bottom.

5. Using paring knife, make 3 deep slits in top of loaf. Heat oven to 190 C (375 F). Let stromboli rest for 20 minutes while oven heats.

6. Bake 50 minutes or until a meat thermometer reads 83 C (180 F). Outside should be golden brown. Let cool for at least 20 minutes before slicing.

THE ASSOCIATED PRESS/ADAPTED BY EMILY RICHARDS, A PROFESSIONAL ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA

Ingredients

- Cooking spray
- 15 ml (1 tbsp) olive oil
- 500 ml (2 cups) chopped raw vegetables, such as peppers, onions and mushrooms
- 2 cloves garlic, minced
- 50 ml (1/4 cup) chopped pitted kalamata olives
- 15 ml (1 tbsp) drained chopped capers
- 5 ml (1 tsp) dried Italian herb seasoning
- Salt and freshly ground black pepper
- 1 ball pizza dough (about 550 g/20 oz)
- 285 g (10 oz) sliced deli meat, such as salami and ham
- 250 ml (1 cup) grated provolone or mozzarella cheese

Peach Chicken Sauté.
This easy one-skillet meal is ready in minutes

Ingredients

- 15 ml (1 tbsp) vegetable oil
- 1/2 large onion, thinly sliced
- 1 clove minced garlic
- 4 boneless, skinless chicken breasts
- 1 can (398 ml/14 oz) cling peach slices
- 50 ml (1/4 cup) maple syrup
- 250 ml (1 cup) snow peas
- 1 small red or green pepper, thinly sliced

1. In a large skillet, heat vegetable oil over medium heat. Add onion and garlic and cook, stirring occasionally, for 2 minutes. Add chicken breasts and cook for 3 to 4 minutes on each side until browned.

2. Meanwhile, drain juice or light syrup from peaches into a measuring cup. Add to skillet along with maple syrup and stir, scraping up any brown bits from the bottom of the pan. Add peach slices, snow peas and red pepper. Cover pan with lid and cook for about 5 minutes, until chicken is cooked through.

THE CANADIAN PRESS/ CALIFORNIA CLING PEACH BOARD

Easy Puttanesca Sauce.
Try this classic Italian sauce over any pasta

Ingredients

- 8 oz sliced bacon or pancetta, cut into small pieces
- 4 cloves garlic, minced
- 2 anchovy fillets, minced
- 1 large onion, diced
- 1 red bell pepper, chopped
- 1 green bell pepper, chopped
- 1/2 tsp each dried oregano, basil and thyme leaves
- 1/4 tsp red pepper flakes
- 1 can (28 oz) crushed tomatoes
- 1/2 cup Kalamata olives, pitted and chopped
- 1 tbsp chopped capers
- 2 tbsp balsamic vinegar
- 1/4 cup freshly grated Parmesan cheese
- Salt and ground black pepper

1. In a large saucepan over medium-high heat, sauté the bacon, garlic, anchovies, onion, red and green peppers, oregano, basil, thyme and red pepper flakes for about 10 minutes or until the bacon is cooked and the onion is tender.

2. Add the tomatoes, olives and capers; bring to a simmer. Let simmer for about 10 minutes for flavours to meld. Stir in the Parmesan and balsamic vinegar, then season with salt and pepper to taste.

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Give your grilled steak some pizzazz with this fruity salsa

Peppered Beef Steaks

This recipe makes four servings. THE CANADIAN PRESS

Top peppered beef steaks with caramelized onions and fruit salsa for a sensational grilling choice this spring and summer.

The salsa makes good use of fruits and vegetables that are readily available in spring. Frozen diced mango works just as well as fresh.

1. Caramelized onions: Dice enough red onion to measure 50 ml (1/4 cup); set aside, reserving for salsa. Cut remaining onions in half and brush with olive oil. Place on grill over medium heat, turning occasionally, for 20 minutes or until tender. Transfer onions to a medium bowl. With kitchen shears, cut into large chunks; stir in brown sugar, balsamic vinegar, salt and pepper. Set aside.

2. Fruit salsa: In a medium bowl, combine reserved diced red onion, tomatoes, mango, cucumber, cilantro, lime peel, juice and pulp; season with salt and pepper and refrigerate. (Salsa may be made several hours in advance.)

3. Season medallions with salt and cracked black pepper (5 ml/1 tsp pepper for a medium-spiced steak). Place on a greased grill over medium-high heat; cook, turning once, for 5 to 6 minutes per side for medium-rare doneness.

4. Serve with fruit salsa and warm caramelized onions.

THE CANADIAN PRESS/ CANADA BEEF INC.

Ingredients

- 2 red onions
- 15 ml (1 tbsp) each olive oil, packed brown sugar and balsamic vinegar
- 125 ml (1/2 cup) each grape tomatoes, halved, or 2 plum tomatoes, diced
- 1 ripe mango, peeled and diced
- 75 ml (1/3 cup) diced English cucumber
- 30 ml (2 tbsp) chopped fresh cilantro
- 1/2 lime (grated peel, juice and pulp)
- 4 rib-eye grilling medallions or tenderloin grilling steaks, 2.5 cm (1 inch) thick
- Salt and cracked (very coarsely ground) black pepper, to taste

Wanted: Youth to win $1,000 scholarships

Financial literacy. A mutual fund company is offering young adults the chance to learn about investing, and fattening their wallets

YOUR MONEY
Alison Griffiths
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Twitter: @alisononmoney

There's no lack of summer activities for teens and young adults but here's a summer project I'd like to add to their list. And it comes with a carrot attached — ten $1,000 scholarships. That's worth giving up a bit of gaming, TV or chat time to enter.

The annual scholarships are provided by Brandes Investment Partners, a mutual fund company, (brandesscholarship.ca) for those 16-22 years old – entry deadline is July 20.

The warm-up is a financial personality quiz called The Money Factor. Though I'm a tad past the age of 22 I took it and discovered I'm on the boring side financially.

The quiz takes about five minutes and I scored higher as a Saver than a Spender, I'm slightly more of a Risk Avoider than a Risk Taker and my financial interest ranks on the high side, a good thing considering my job.

The quiz is fun and quite interesting with youth-friendly questions about coin tosses and what to do with found money. At the end you're encouraged to apply for one of the ten scholarships. But it's not just easy money because applicants have to submit a 250-word essay about their money personality and three things learned from the quiz.

What I particularly like about the Brandes initiative is that it tilts toward investing. The focus on money education these days tends to be about debt, credit, saving and spending — important arrows in everyone's financial quiver.

But I believe knowledge about investing is the real key to financial freedom and independence, especially for today's youth who won't enjoy the same safety net of past generations.

As well, employees are increasingly being handed the reins to their workplace pension programs and being asked to make decisions without having a clue about what they are doing. Most employees don't know anything about the investments in these plans, never mind fees charged and risk levels.

When our youth becomes investment savvy those of us who are little older will have one less worry on our plate.

Alison's money rule

"Teaching our youth about investing is as important as lessons on debt and credit."

Who's thinking ahead?

- **43%.** Percentage of Canadians 18 to 34 that have an RRSP.
- **16%.** Percentage of Canadians 18 to 34 that contributed the maximum to their RRSP in 2012, down from 33% in 2011.

On their own: Investing is key for today's youth as they won't enjoy the same safety net as their parents. ISTOCK IMAGES

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR AT GRIFFITHS.ALISON@GMAIL.COM

What's a poor boy to do?

Chivalry. Dating when you're cash strapped

SARA DIMERMAN
life@metronews.ca

You would think that in today's liberated world, men wouldn't be expected to pay for every dinner or coffee date. Despite evolution amongst the sexes, my bet is that if you were to take a poll, most women would say that they expect to be treated — on the first few dates, for sure. They'd probably say that if their date suggested splitting the bill, that he was either cheap or not into her.

Gone are the days that women stayed at home to raise kids and men were the breadwinners. Today most women, young and older, work as many hours as men and some even earn more than the opposite sex. So, why then do women expect to be treated? Perhaps this is our last ditch attempt to hold onto a thread of chivalry. Most women (especially those younger) aren't offended if their dates don't walk on the side closest to the street or open her car door first. In fact, many prefer to be equal partners. But often not in the finance department.

So, what's a poor boy to do? What if he's working in a retail department store for minimum wage, paying rent and car insurance and barely has enough money left for groceries? What if he's widowed, living on a fixed income and careful about what he spends? Does this mean that he's destined to sit at home with only the television as a companion? What if he's a really good catch in so many other ways? Doesn't he deserve a chance at love too?

Sure he does, but sorry to say men, fair or no fair, chances are that you're going to have to go through your piggy bank for some loonies and toonies — even if it's just to meet a prospective mate over coffee. Because no matter how liberated women are, men are still expected to take the lead when it comes to handing over the loot on a first, and maybe even second or third date.

Here are some tips (not the money kind), for both gents and ladies:

FOR THE GENTS:
Speak up

If you're legitimately cash strapped, then speak up. Timing is key though. I'd suggest not sharing your financial position prior to the first date, because no matter how kind and caring she is, this may be a turn off. She might even suggest you find a better job, or a job period.

Wait until the end of your first, or if you can afford it — second date, and then let her know the truth. Share that you are in between jobs, living on a fixed income, having to pay child support or whatever the truth is, and ask how she feels about occasionally (or always) going dutch on your dates. Let her know that you not dining and dazzling her with expensive dates has nothing to do with how you're feeling towards her, but rather related to your financial position.

Even though this may be all the money he has, he could still be a good guy. ISTOCK

FOR THE LADIES:
Listen with concern

If he has the courage to tell you the truth, acknowledge what he's saying and share how you feel. If you are used to being dined and dazzled, let him know this and share whether you are interested in continuing seeing him under the circumstances.

If he's a really great guy, despite being cash strapped, consider whether his financial position is all important. Is financial success and independence high on your priority list? Are you willing to pay your own way in order to continue seeing him? Do you make more than enough to support both of you?

Would you like to suggest occasionally paying for him too?

FOR THE GENTS:
What to do if she backs off

If you're an older gentleman back on the dating scene, many women your age who have been part of more traditional relationships, may be uncomfortable with paying their own way. They may even see you as being ungentlemanly. Recognize that your proposal may be different to what she is used to.

Try to communicate and compromise further if you fear losing her. If she's backing off for other reasons, then perhaps she's not the right mate for you.

FOR THE LADIES:
If you suspect he's not telling the truth

If he talks about buying a new car and going with his pals to Vegas in the same breath as sharing being on a fixed income, you may be less sensitive to his plight. Call him on it. Perhaps you are concerned about where he places his priorities.

SARA DIMERMAN IS REGISTERED WITH THE COLLEGE OF PSYCHOLOGISTS OF ONTARIO AND PROVIDES COUNSELLING TO INDIVIDUALS, COUPLES AND FAMILIES. SHE IS THE AUTHOR OF THREE BOOKS, INCLUDING HOW CAN I BE YOUR LOVER WHEN I'M TOO BUSY BEING YOUR MOTHER: THE ANSWER TO BECOMING PARTNERS AGAIN. VISIT HER WEBSITE AT HELPMESARA.COM

UFC 149

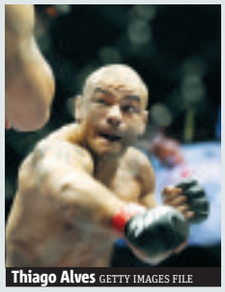
Canadian subs in for Silva at UFC 149

Light-heavyweight Thiago Silva and welterweight Thiago Alves are off the UFC 149 card July 21 in Calgary due to injury.

Silva was due to meet former 205-pound champion Mauricio (Shogun) Rua while Alves was slated to face Siyar Bahadurzada, who was an injury replacement for Yoshihiro Akiyama.

Chris Clements of London, Ont., will step in for Alves at the Scotiabank Saddledome. Clements (11-4) won a split decision in his UFC debut at UFC 145 over Keith Wisniewski.

THE CANADIAN PRESS



Thiago Alves GETTY IMAGES FILE

NFL

League plans for replacement refs

The NFL will start hiring and training possible replacement officials with a deal not yet completed with the NFL Referees Association.

Talks between the league and the officials broke down after two mediation sessions that followed nine bargaining negotiations since October.

A session was held Sunday under the auspices of the Federal Mediation and Conciliation Service, and the NFLRA said the league "terminated negotiations" on Monday.

THE ASSOCIATED PRESS

Anze Kopitar scores on New Jersey's Martin Brodeur on Monday night in Los Angeles. JEFF GROSS/GETTY IMAGES

Kings steamroller continues in L.A.

NHL. Quick leads Los Angeles to shutout over Devils to take 3-0 series lead in final

Game 3

Kings	Devils
4	0

The Los Angeles Kings are on the verge of greatness. It's only going to take one more win for them to be crowned Stanley Cup champions for the first time.

On a night when Wayne Gretzky dropped the puck on a ceremonial faceoff, the Kings moved one step closer to joining The Great One's 1988 Edmonton Oilers as the most dominant NHL champions in history.

Jonathan Quick continued his otherworldly play Monday by stopping all 22 shots he faced as Los Angeles drove a dagger through the hearts of the New Jersey Devils with a 4-0 victory. The Kings hold a 3-0 series lead for a fourth time this post-season.

It appears as though the Devils share something in common with each of the Kings previous three opponents — they have no answer for Quick, who looks like a slam dunk selection to win the Conn Smythe Trophy as playoff MVP.

The goaltender was particularly sharp in the first period, when the score was still 0-0 and the Devils enjoyed a 5-on-3 advantage for 59 seconds. He got his pad on a dangerous chance from Ilya Kovalchuk to keep New Jersey from getting its first real burst of momentum in the series.

THE CANADIAN PRESS

Gagne back for Game 3

Simon Gagne returned to the Los Angeles Kings' lineup for Game 3 of the Stanley Cup finals.

- Gagne hadn't played since Dec. 26, when the veteran left-winger was sidelined by his latest concussion.
- The Kings repeatedly downplayed any notion Gagne could play in the post-season, but he was cleared for full contact last month.

THE ASSOCIATED PRESS

MLB. Astros take Puerto Rican Correa No. 1 in draft

The Houston Astros selected 17-year-old shortstop Carlos Correa with the No. 1 pick in the baseball draft Monday night, making him the highest selection ever to come from Puerto Rico.

Correa has an incredibly strong arm and terrific instincts defensively, and the Astros might have found their shortstop of the future. He bested catcher Ramon Castro, who went No. 17 to Houston in 1994, as the highest-drafted Puerto Rican player.

"This means a lot," said Correa, in attendance at the draft site at MLB Network studios in Secaucus, N.J. "We've got a lot of good players there."

THE ASSOCIATED PRESS

By the numbers

1992

It was the first time Houston had the top pick in the draft since 1992, when the Astros selected Phil Nevin — passing on a young shortstop named Derek Jeter, who went five spots later to the Yankees.

MLB

Mets' Santana given time to rest after no-hitter

Johan Santana will get two extra days of rest after his no-hitter.

The New York Mets say Santana's next start will come Friday night at Yankee Stadium in the opener of the Subway Series.

Santana threw a career-high 134 pitches Friday night against St. Louis in the first no-hitter in team history. Santana missed last season while rehabilitating his surgically repaired left shoulder. THE ASSOCIATED PRESS

NHL. Pens shore up crease with addition of Vokoun

The Pittsburgh Penguins acquired Tomas Vokoun from the Washington Capitals then signed the veteran goaltender to a two-year deal.

Vokoun, whose negotiating rights were traded for a seventh-round pick in the upcoming NHL draft, will make $4 million US with Pittsburgh.

The 35-year-old goalie, who waived a no-movement clause in order for the trade to happen, was set to become an unrestricted free agent July 1.

The move gives Pittsburgh an established backup to starter Marc-Andre Fleury, who tied his career high by appearing in 67 games last season.

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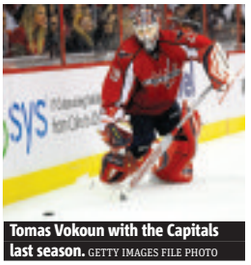


Tomas Vokoun with the Capitals last season. GETTY IMAGES FILE PHOTO

4 SPORTS

NHL

"I want to be first, but I can't say anything for now. I don't know who is going to be first in the draft, so we'll see what happens."

Nail Yakupov when asked about the possibility of being drafted first overall in the 2012 NHL draft by the Edmonton Oilers. The talented forward has been on a whirlwind tour ahead of the June 22 draft in Pittsburgh that started at last week's NHL scouting combine in Toronto and took him to Game 2 of the Stanley Cup final Saturday in Newark, N.J.

NFL

Tebow invited to Sanchez's camp: Source

A person with knowledge of the invitation says Tim Tebow has been invited to Mark Sanchez's "Jets West" passing camp this summer and is expected to attend. Sanchez has held the camp in California each of the last two years. Four Jets quarterbacks attended in 2011, and Sanchez extended Tebow an invitation for this year's workouts.

THE ASSOCIATED PRESS

On the web

Peyton Manning has seemingly been through every pressure situation imaginable during 13 stellar NFL seasons. But since joining the Broncos, the four-time MVP quarterback is facing previously unseen levels of scrutiny in Denver. Scan the code for the story.

Soccer. Opponents may have found counter for Spain

Opponents may have figured out how to counter Spain's formula for success that proved so effective at recent tournaments.

In its last warm-up before the European Championship, Spain's 1-0 victory over China on Sunday displayed all of the World Cup champions' virtues: possession, slick passing and intricate combinations. But it also highlighted the notable absences of David Villa and Carles Puyol.

The Spanish defence was lucky to escape without conceding a goal after several lapses, and its wealth of midfield talent can be rendered ineffective without a striker capable of converting numerous chances. Fernando Torres and Alvaro Negredo failed to score, a concern going into Sunday's Euro 2012 opener against Italy, a more formidable opponent.

THE ASSOCIATED PRESS

Quoted

"We're going into games well-prepared. The thing is that our rivals are better prepared for us and make it more difficult." Coach Vicente del Bosque

Soccer

Matches set at U20 Women's WC

Canada has been drawn into a group with North Korea, Norway and Argentina for the Under-20 Women's World Cup.

Canada will open the tournament on Aug. 20 against Argentina. Japan is hosting the event.

THE ASSOCIATED PRESS

NBA

Heat hope Bosh is back for Game 5

Chris Bosh's status was upgraded to "day-to-day" by Heat coach Erik Spoelstra on Monday, raising the possibility that Bosh may play Tuesday when the Heat host the Boston Celtics in Game 5 of the East title series knotted at two games apiece. THE ASSOCIATED PRESS

Six-time French Open champ Nadal in dominant form

Rafael Nadal returns the ball to Juan Monaco, Monday, at the Roland Garros stadium in Paris. Nadal is putting together one of the most dominant runs ever at the clay-court Grand Slam tournament — or any major tournament, for that matter — so far, losing a total of 19 games through four matches, including Monday's 6-2, 6-0, 6-0 victory over 13th-seeded Juan Monaco of Argentina. MICHEL SPINGLER/THE ASSOCIATED PRESS

Heat could get boost from Bosh for Game 5 vs. Celtics

NBA. Star forward has made 'significant progress' ahead of pivotal East final clash

Rajon Rondo points skyward as Miami's LeBron James moves upcourt during the Celtics' 93-91 overtime win on Sunday in Boston. JIM ROGASH/GETTY IMAGES

Chris Bosh has been telling the Miami Heat that he's ready to play.

The Heat seem ready to listen.

And Game 5 of the Eastern Conference final — which wouldn't be lacking for drama with Boston and Miami tied at two games apiece — may have another significant layer of intrigue.

Bosh's status was upgraded to "day-to-day" by Heat coach Erik Spoelstra on Monday, the first deviation by the team after more than three weeks of simply saying his absence was indefinite because of a strained lower abdominal muscle. Spoelstra wouldn't guarantee that Bosh plays in Game 5, but opened the door to there at least being a chance of the all-star forward suiting up.

"He'll get a vote," Spoelstra said of how much Bosh's input will matter in determining when he takes the floor. "Again, everything is heightened right now. These are extreme circumstances. Everybody will be involved in the decision, if and when it happens. But you always have to take the player's opinion with a grain of salt. They all say they're ready.... He said he was ready 10 days ago."

The Celtics were ready for him then, too.

So if Tuesday is the Bosh comeback night, Boston will not be caught off-guard.

"We don't have to do anything different," Celtics coach Doc Rivers said. "We've prepared every game like Bosh is going to play. And eventually, he will."

Bosh watched from the bench for two games in Boston, where the Celtics managed to tie the series by following largely the same formula — building a big lead, then holding on at the end. THE ASSOCIATED PRESS

By the numbers

72%

Since Chris Bosh arrived with LeBron James to play alongside Dwyane Wade in Miami in July 2010, the Heat have won 72 per cent (116-45) of their games with him in the lineup. Without Bosh the Heat have won only 52 per cent of the time, going 12-11.

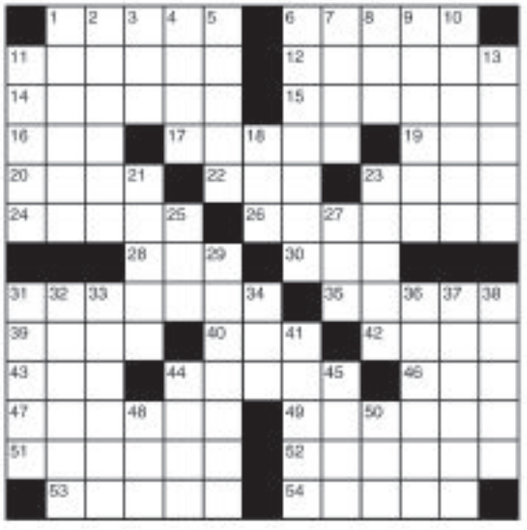
Crossword

Across

1 Big Bad Wolf's breaths
6 Sandtrap club
11 Slain
12 Big lizard
14 Start of a Cole Porter title
15 14-Across follower
16 Billboards
17 Graf rival
19 Pitch
20 Active one
22 Equipment
23 Ms. Moore
24 Sin city
26 Muse of music
28 Rowing tool
30 Shrill bark
31 Release
35 Sweet (Ital.)
39 Cupid's alias
40 Seesaw quorum
42 Legal wrong
43 Opposite of "post-"
44 Put up
46 Crying sound effect
47 15-Across follower
49 47-Across follower
51 Lawrence's bailiwick
52 Obliterates
53 Let flow accidentally
54 "Monopoly" payments

Down

1 Jinx
2 Still in the box
3 Nourished
4 Not so tall tales?
5 Villain's countenance
6 Mobster
7 Hollywood clashers
8 Press for payment
9 Spat
10 Set up a bivouac
11 Pairs
13 High nest
18 Golfer's concern
21 Santa's runways
23 Station
25 Scratch
27 Young Mr. Lincoln
29 Safe haven
31 Anatomical partitions
32 Imperfections
33 Shoe reinforcement
34 Ram's ma'am
36 Bottom
37 Warehouse stack
38 Group character
41 Yellow-brown shade
44 Old-time actor Jannings
45 Went like 90
48 Sapporo sash
50 Fellow

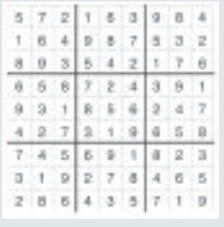


Sudoku

	9		5		6		2	
		7	1		9	3		
	1	3				6	4	
			3		4			
2								1
			9		2			
	5	2				7	8	
		9	7		8	5		
	4		6		1		3	

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Weekend's Sudoku



Yesterday's Crossword

Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

IWOOTICEH ITOZUET ICPPI QUR GUZZCSR ICEHSZ RTE TZ OQCP, IQS'R KS EUGSR KSFSZPM SFSZPM.

Yesterday's Cryptoquip: WHEN THE FEUDAL BONDMAN GOT OUT OF BED, HIS FELLOW VASSALS MIGHT'VE PROCLAIMED "SERF'S UP!"

Today's Crypoquip Clue: R equals D

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Horoscope

Aries | March 21 - April 20. Get out and about and see and be seen. This is one of the best times of the year for travel and social activities, and it's not a bad time for romance either.

Taurus | April 21 - May 21. You are no doubt incredibly busy at the moment but there are more important things than work going on in your world.

Gemini | May 22 - June 20. While a new relationship may be exciting the planets warn it is unlikely to stand the test of time, so don't allow yourself to get too emotionally involved.

Cancer | June 21 - July 22. You will behave in an excessive way and if there is someone you have admired from afar you may not be able to keep your feelings a secret.

Leo | July 23 - Aug. 22. Before You won't have to do much to get yourself noticed today: heads will turn as you walk down the street.

Virgo | Aug. 23 - Sept. 22. You will act out of character today and some people may think you have taken leave of your senses. Maybe you have, but what of it?

Libra | Sept. 23 - Oct. 22. At some point today you will realize that nothing ever really happens by chance, that all experiences — both positive and negative — are designed to help you reach your potential.

Scorpio | Oct. 23 - Nov. 21. Something unusual will happen today. it will be exciting and it will be the kind of thing you want to happen again.

Sagittarius | Nov. 22 - Dec. 21. How can you improve a relationship? To start with you could try being more forgiving.

Capricorn | Dec. 22 - Jan 20. What is your purpose? If you don't know the answer to that question you must make it your mission to find out over the next few days.

Aquarius | Jan. 21 - Feb 18. Don't worry about tomorrow and the struggles it might bring, think only of the day ahead and the joys you are free to experience.

Pisces | Feb. 19 - March 20. Sit back and let the world entertain you today. Both at home and at work people will go out of their way to bring a smile to your face.

SALLY BROMPTON

Caption Contest

"We prayed for the world's largest swimming pool, and we got it!"
Matt

K.M. CHAUDARY/THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

There are better ways to make your voice heard
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Join the METROPOLITAN PANEL and have your voice heard by the readership of the world's largest newspaper.
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